

**MAYOR'S HEALTH AND FITNESS CHALLENGE
MAY 2004 SCHEDULE OF ACTIVITIES**

Note:*Optional Miami Dade Parks & Recreations activities requiring special fees.**

Focus	Activity	Description	Date	Time	Location
Fitness***	Adapted Aquatics (\$40./10swim classes & \$30/10arthritis classes)	Water exercises for adults and children with disabilities and arthritis, ages 6 and older. For location and schedules of arthritis classes, call: North 305-652-4304, 305-665-5319, or South 305-234-4948	(Starting on) Thursday, May 4th	Various Times	Tamiami, Brentwood, Norwood, A.D. Barnes, and Cutler Ridge pools
Fitness***	Swim Team (\$30./10 classes)	Swim classes and competitions for individuals 13 and older with developmental disabilities. Call: 305-665-5319	Tuesday - May 4 (Tuesdays & Thursdays)	5:00 PM - 6:00 PM	Leisure Access Center 3401 SW 72 Ave. Miami, Florida
Fitness***	Mountain Bike Trails (\$10./One time registration fee;\$2./nights; \$4./vehicleon weekends)	Beginners, intermediate and advanced riders. For more information call: 305-685-8389	(Starting on) Saturday, May 1 Mondays - Sundays	Sunrise to Sunset (Night rides: 6pm - 9pm Tues & Thurs)	Amelia Earhart Park 401 East 65 St. Hialeah, Florida
Fitness & Stress Management	Tai Chi Class (\$1.00 Per person)	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for seniors by Instructor Jeffrey Morris.To register call:305-685-4881	May 3,10,17,24 & 31 (Mondays)	9:30 AM - 10:30 AM	Family Christian Senior Center 14701 NW 7 Avenue Miami, Florida
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for seniors by Instructor Jeffrey Morris.	May 6,13,20 & 27 (Thursdays)	6:00 PM - 7:00 PM	Key Biscayne Senior Center 88 W. McCantyre Street Key Biscayne, FL 33149
Fitness & Stress Management	Tai Chi Class (\$15.00/ 6 weeks)	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for seniors by Instructor Jeffrey Morris.	May 7,14,21 & 28 (Fridays)	10:30 AM - 11:30 AM	Miami Springs Senior Center 343 Payne Drive Miami Springs, Florida
Fitness***	Leisurely P.A.C.E. Ing (\$32./8weeks)	People with Arthritis Can Exercise in a relaxed environment at their own pace. To register call: 305-234-4948	(Starting on) Friday, May 7 (Fridays)	10:30AM -11:30AM	Perdue Medical Center 19590 Old Cutler Road Miami, Florida

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Fitness***	Sports Saturday (\$32 / monthly)	Basketball, swimming and exercise activities for individuals 13 and older with developmental disabilities. Call: (305) 665-5319	Saturday, May 8 & 22	8:30 AM - 12:00 PM	Leisure Access Center 3401 SW 72 Ave. Miami
Fitness***	Historic Oleta River Canoe Trip (\$20.00)	Take a ride along one of Florida's most historic and beautiful rivers. Bring binoculars. Call: 305-944-6111 for reservations	Saturday May 1, 8, 15, 22 & 29	10:00AM - 1:00PM	(Meet at) East Greynolds Park 167 Street, Biscayne Blvd., N. Miami Beach, Florida
Fitness*** & Stress Management	Tai Chi Class (\$60.00/ 6weeks)	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for ages 15 and older by Instructor Jeffrey Morris. To register call: 305-235-1668 Ext.242	May 1,8 15,22, & 29 (Saturdays)	10:30 AM - 11:30 AM	Deering Estate 16701 SW 72 Avenue South Miami, Florida
Fitness*** & Stress Management	Tai Chi Class (\$10.00/ 6weeks)	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for seniors by Instructor Jeffrey Morris. To register call:305-638-6771	May 3, 10,17,24 & 31 (Mondays)	9:30 AM - 10:30 AM	African Heritage Cultural Arts Center 2166 NW Dr. Martin Luther King, Jr. Blvd. Miami, Florida
Fitness	KardioKickBoxing	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population by instructors from the SAK Foundation. To register call: 305-377-9922	May 3, 10, 17, 24, 31 (Mondays)	6:30 PM - 7:30 PM	YWCA of Greater Miami 351 NW 5 Street Miami, Florida 33128
Fitness	Chair Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for seniors, by instructor from the SAK Foundation. To register call: 305-805-5162	May 4, 11, 18 & 25 (Tuesdays)	10:30 AM - 11:00 AM	Miami Springs Senior Center 343 Payne Drive Miami Springs, Florida
Fitness	Chair Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for seniors, by instructors from the SAK Foundation. To register call: 305-685-4881	May 4, 11, 18 & 25 (Tuesdays)	11:30 AM - 12 NOON	Family Christian Senior Center 14701 NW 7 Avenue Miami, Florida

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Fitness	Hip Hop Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population by instructors from the SAK Foundation. To register call: 305-685-4881	May 4, 11, 18 & 25 (Tuesdays)	12:05 PM - 1:05 PM	Family Christian Senior Center 14701 NW 7 Avenue Miami, Florida
Stress Management	Anxiety, Stress and Panic Support Group	Join Stan Hyman, LCSW, and group members helping to support each other through experience.	Tuesday May 4 & 18	7: 00 PM - 8:30 PM	Northeast Branch Library 2930 Aventura Blvd Aventura, Florida
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for ages 15 and older by Instructor Jeffrey Morris.	May 4, 11, 18 & 25 (Tuesdays)	5:00 PM - 6:00 PM	Miami International Airport Terminal A, 4th Floor Auditorium
Fitness	Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for young adults and seniors by instructors from the SAK Foundation. To register call: 305-638-6771	May 5, 12, 19 & 26 (Wednesdays)	9:00 AM - 10:00 AM	African Heritage Cultural Arts Center 2166 NW Dr. Martin Luther King, Jr. Blvd. Miami, Florida
Fitness	Lunchtime Body Sculpting	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population by instructors from the SAK Foundation. To register call: 305-636-2250	May 5, 12, 19 & 26 (Wednesdays)	12:00 NOON - 1:00 PM	Caleb Center 5400 NW 22 Avenue Miami, Florida
Fitness	KardioKickBoxing	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population by instructors from the SAK Foundation. To register call: 305-573-7229	May 5, 12, 19 & 26 (Wednesdays)	4:00 PM - 5:00 PM	Jose De Diego Middle School 3100 NW 5th Avenue Miami, Florida 33125
Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for ages 15 and older by Instructor Jeffrey Morris. To register call: 305-577-0093	May 5, 12, 19 & 26 (Wednesdays)	9:00 AM - 10:00 AM	Jefferson Reeves Health Center 1009 NW 5 Avenue Miami, Florida

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Fitness & Stress Management	Tai Chi Class	Introductory classes offered by the Mayor's Health and Fitness Challenge program in partnership with the Health Foundation of South Florida for ages 15 and older by Instructor Jeffrey Morris.	May 6,13,20 & 27 (Wednesdays)	5:00 PM - 6:00 PM	Stephen P. Clark Center 111 NW 1 Street West Entrance of Building or Inside the Lobby during bad weather Downtown, Miami
Fitness***	Fossilized Reef Kayak and Snorkel Trip (\$25.00)	Explore marine life and 2,000-year-old fossilized mangrove roots. Different times for singles and couples on Valentine's Day. For other dates, times and reservations call:305-365-3018	Friday, May 21 & Sat. May 22	Friday 9:00 AM - 12:00 PM	Crandon Park Visitor's and Nature Center 6767 Crandon Blvd., Key Biscayne, Florida
Fitness***	Arch Creek Nature Walk (\$3.00)	Join us for a walk where you'll learn about several plants that have been used for food and medicine by Native American Indians and early settlers in this area. For reservations call: 305-944-6111	Saturdays	10:00 AM - 11:00 AM	Arch Creek Park Museum 1855 NE 135 Street North Miami, Florida
Fitness	Aerobics	The Mayor's Health & Fitness Challenge in partnership with the Health Foundation of South Florida is sponsoring aerobics for the general population by instructors from the SAK Foundation. To register call: 305-573-7229	Wednesdays	8:00 PM - 9:00 PM	Grace of God Baptist Church 11000 SW 216 Street Goulds, Florida 33170
Fitness***	Indian Key Canoe & Snorkel Trip (\$45.00)	Take a step back in time with a canoe and snorkeling tour around the first government seat of Miami-Dade County, where a luxury hotel and bowling alley once stood on this tiny island in the Florida Keys. Explore the plant and animal life on the island and beneath the surrounding waters. For reservations call: 305-365-3018	Saturday May 29	7:00 AM - 7:00 PM	CALL FOR LOCATION

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Fitness***	Fire Reef Kayak and Snorkel Trip (\$30.00)	Experience a patch reef with coral heads, sea whips and an assortments of tropical fish. Call 305-365-3018 for reservations.	Saturday May 29 & 31	9:00am -12:00pm	Crandon Park Visitors and Nature Center 6767 Crandon Blvd. Key Biscayne, Florida
Fitness***	Sunset Canoe Trip to Coral Reef Park (\$20.00 adults \$10.00 ages 9-17)	Take a leisurely paddle to Coral Reef Park in search of wildlife, have a picnic and then head back in time and enjoy a beautiful sunset and flocks of ibis heading to roost. For reservations call: 305-365-3018	Saturday	6:30 PM	Bill Sadowski Park and Nature Center 17555 SW 79 Avenue Miami, Florida
Fitness***	Chapman Field Canoe Trip (\$20.00)	Explore this rich marine community located in South Biscayne Bay. Observe various wading birds feeding on tidal flats and learn about the mangrove environment. For reservations and location , call:305-365-3018	Sunday	9:00 AM - 12:00 PM	CALL FOR LOCATION
Fitness***	Key Biscayne Heritage Bike Trip (\$25.00) (\$15.00 if you bring your own bike)	Explore beautiful Key Biscayne as you bike along the streets and paths of this barrier island. Learn about the natural and historical events, which created the Key Biscayne of today. For reservations call: 305-365-3018	Friday	4:00 PM - 7:00 PM	Crandon Park Visitors and Nature Center 6767 Crandon Blvd. Key Biscayne, Florida
Fitness***	Turner River Canoe Trip (\$40.00)	Let a naturalist guide share a bit of South West Florida's rich history from alligators to Indians to settler's lore. For locations and reservations call:305-365-3018	Saturday	8:00 AM - 5:00 PM	CALL FOR LOCATION
Fitness***	Key Biscayne Canoe Trip (\$20.00)	Explore the endless mangrove forest shoreline where birds, reptiles and a wide variety of marine life lurk. For reservations call :305-365-3018	Sunday May 9 & 16, Friday May 28	May 9, 5:30-8:30pm May 16 & 28, 8:00- 11:00am	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd. Key Biscayne, Florida
Fitness***	Kayak Workshop (\$15.00)	Introduction to kayak skills and safety. For reservations call:305-365-3018	Saturday May 15 & Sunday May 30	12:00 PM - 2:00 PM	Crandon Park Visitors and Nature Center 6767 Crandon Blvd. Key Biscayne, Florida

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Fitness	Wheelchair tennis Program	Free wheelchair tennis lessons being offered to all ages and all skilled levels.	Saturdays	9:00am - 11:00am	Big Five Tennis Club 9299 SW 7th Terr. Miami, 305-234-4948
Fitness***	Chicken Key Canoe Tour	Canoeists will experience the beauty of Biscayne Bay as they make their way to Chicken Key Island, a seven-acre bird rookery. \$25 Adults; \$15 ages 9-14	Sundays	8:30am - 11:30am	Deering Estate at Cutler 16701 SW 72 Avenue, Miami 305-235-1668 ext. 242
Health/ Nutrition/ Fitness/ Stress Management	Mayor's Health & Fitness Challenge Senior Olympics	The Mayor's Health & Fitness Challenge is gearing up for another wonderful event for senior citizens 55 and up. The fun and games will include golf, dancing, chair aerobics, walk race, speed walk, Tai Chi and nutrition lectures for senior citizens.	Friday May 21st	10:00am - 3:00 PM	Goulds Gym 11350 SW 216 Street, Miami Florida 305-255-2399
Fitness***	Basketball Team	This Programs offers people with developmental disabilities basketball skills and competition in the Special Olympics. \$32/ Monthly	Mondays and Wednesdays	5:00pm - 6:00pm	Leisure Access Center, 3401 SW 72 Ave., Miami 305-665-5319(v/tdd)
Fitness & Stress Management	Yoga Classes	Relieve your stress. Yoga being taught by Marlene Shulman.	Tuesdays and Thursdays	6:00pm to 7:30pm	Deering Estates at Cutler, 16701 SW 72 Ave., Miami 305-235-1668 ext. 225
Fitness***	Arthritis Aquatics	Low impact water exercises focusing on range of motion, strength and endurance. \$30/5 weeks	Tuesdays and Thursdays	11:00am - 12:00pm	A.D. Barnes Pool, 3701 SW 72 Ave., Miami 305-665-5319
Fitness***	Dip and Dance	Come in your best Hawaiian attire for a luau splash party for adults with developmental disabilities. \$6.00 Register by May 14	Friday May 28	7:00pm to 9:00pm	Cutler Ridge Pool 10100 SW 200 Street, Miami 305-234-4948 ask for Gisela
Fitness	Goalball	Competitive sports for the visually impaired teenagers and adults. Call Helen or Antony at 305-945-3425	May 5 Wednesdays	6:30pm - 8:00pm	NFL YET Center 7090 NW 22Ave., Miami, Floirda